■ Lifestyle
Margarita Fores shares secrets for winning battle with bulge

■ Metro / A23
Dennis Roldan's girlfriend Suzette Wang also charged with kidnapping

■ Business / B1
Plan holders file class suit vs CAP, demand return of their money

■ News / A2
Yuchengcos studying Pacific Plan bailout

Why is Mike A. always linked to corruption?



PHILIPPINE DAILY INQUIRER
BALANCED NEWS, FEARLESS VIEWS
Thursday, April 28, 2005 · 28 pages | vol. 20 | no. 1??

Supreme Court orders BIR to pay informant P44M more

Yorac quits PCGG post

'Fed up with Palace pressure on SMC case'

She opposes Danding's control of San Miguel





A WALK IN THE PARK.

Ex-AFP chief faces graft raps over ₱8M for pool

33% of Filipinos don't have enough food—poll

China, RP sign investments worth $1.6B

OFWs cash cow for RP economy, says World Bank



THE ANGUISHED ABALOS FAMILY

'My feelings went from grief to anger'

WEATHER FORECAST

Second FrontPage

Palace welcomes VAT free hand

Yuchengcos studying Pacific Plan bailout

Garcia had money for wife's surgeries, says prosecutor

Farmers vow legal action to stop Agusan coco project

Erap lawyer takes the stand

Prosecutor says defense running out of witnesses

By Nelson F. Flores

IS THE ESTRADA camp running out of witnesses?

Special Prosecutor Dennis Villa-Ignacio thinks so.

Raymond Fortun, a member of the defense panel for ousted President Estrada in the plunder trial, testified yesterday as part of the defense strategy to "save the day because they do not have any witness available," according to Villa-Ignacio.

Villa-Ignacio said the appearance of Fortun at the Sandiganbayan was an indication that the defense panel was running out of witnesses.

"Even Fortun's testimony has no bearing since he is not a witness or a participant to the event he is testifying at," Villa-Ignacio said.

The defense panel, in previous hearings, had promised the anti-graft court to present at least two witnesses every session.

Fortun, the 34th defense witness, testified that he was a member of Estrada's team of lawyers and that part of his job was to verify the evidence presented against his client.

Fortun told the court that he verified the evidence, including the testimony by Ilocos Sur Gov. Luis "Chavit" Singson claiming that he delivered P130 million to Estrada in his Polk Street house in Greenhills, San Juan.

According to Fortun, he asked Bangko Sentral ng Pilipinas how much would P130 million in P1,000 bills weigh and was told that it would be about 130 kilos or about one kilo per P1 million pesos.

As to the claim of Singson that he delivered P130 million to Estrada, Fortun said that would be improbable since that would weigh about two-and-a-half-sack of rice.

Fortun, however, admitted during cross-examination that he was not present nor did he witness the delivery of money to Estrada's house.

Villa-Ignacio later clarified in court that nobody was saying, Singson included, that the money was brought in one bulk. What was clear, he added, the P130 million was delivered to the former leader's house in Greenhills in four boxes.

Defense lawyer Jose Flaminiano, however, lashed back at Villa-Ignacio.

"Ever since he (Villa-Ignacio) kept on saying we don't have any witness but we have repeatedly proven him wrong," Flaminiano said.

Flaminiano said Fortun's testimony was correct when he said that it was impossible for Charlie "Atong" Ang, Estrada's associate, to carry P130 million all by himself as alleged by Singson in his affidavit.

Estrada is facing a multi-million-peso plunder case before the Sandiganbayan for allegedly pocketing money from "jueteng" operations when he was still in office. He marked his 4th year of detention last Monday in his rest house in Tanay, Rizal.

No objection to Erap's joining ma's 100th b-day

By Nelson F. Flores

THE PHILIPPINE National Police yesterday said it had no objection to the motion of deposed President Joseph Estrada to attend the 100th birthday celebration of his mother, Mary Ejercito.

In a two-page comment to the Sandiganbayan, the PNP said it "interposes no objection" to Estrada's motion that he be allowed to attend the thanksgiving Mass for his mother on May 2 at the Manila Hotel. However, the national police remain adamant that there would not be any side trip for the former president.

"From his place of confinement in Tanay, he shall go directly to Manila Hotel and from there shall return directly to his place of confinement without delay or any side trip or deviation so as not to compromise his safety and security," the PNP stressed.

The PNP also reminded Estrada that he should strictly comply with the scheduled duration of the visit from 4 p.m. to 11 p.m.

Loren laments execution of NPA captives

By Cynthia D. Balana

FORMER Senator Loren Legarda yesterday lamented the reported execution of Marine Sgt. Jeremias Rosete and three other civilians by the New People's Army for conducting "espionage against the people and the revolutionary forces."

Legarda led efforts to seek the release of Rosete, Herminia Sorongon, Pepito Simbulan and Wilfredo Madecir when she was still a senator. The four were seized by the NPA on Sept. 4, 2001 in Barangay Datal Blao in Koronadal.

The Mindanao Commission of the Communist Party of the Philippines said the four were meted out with maximum penalty of death on Sept. 6, 2002 by the Valentin Palamine Command of Far South Region.

The CPP said the sentence was carried out after a thorough investigation and trial by its regional trial court.

The Valentin Palamine Command reportedly led the families of the four to where their remains were buried in the isolated village of Columbio in Mindanao.

"The remains have yet to be identified but, just the same, I grieve for the victims and their families," Legarda said.

The CPP said that Rosete and his cohorts had long been active in their counter-revolutionary activities, thereby inflicting damage to the revolutionary movement.

Legarda urged the government to extend full financial support to the families of the victims.

She said there was a need to make representations with the CPP leadership to find out what has happened to the child of Sorongan, the only woman captive, who reportedly gave birth while in captivity.

In 2002, Bishop Dinualdo Gutierrez of the Diocese of Marbel reported that Sorongon had given birth.



MISS SARIUTAN

Albay mine holds key to promotion of RP mining industry

Palace starts paying AFP pension arrears

US respects RP recall of OFWs

No-frills flight lands

'My feelings went from grief to anger'

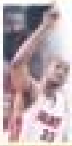
Formalizing statement

Retirement plans



Realtors continue surge sans Aquino

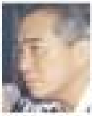
SEABA, SEAG titles in the bag—Reyes





What's Inside

RP hopes to pad SEAG medal list



HONTIVEROS

Castro whips rival, reaches Turkey boxfest quarterfinals



Question of the Week

Do you support the move of leading advertisers to pull out of top showbiz TV talk shows that broadcast sex video scandals?

Capalla not seeking 2nd CBCP term

4 big airlines sign up for Naia 3 space

The Daily Gospel

Supreme Court Doctrines

Lauro Vizconde 'seriously sick'

Dentists' lecture set Sunday

Yorac quits PCGG post



She opposes Danding's control of San Miguel

Why is Mike A. always linked to corruption?



Supreme Court orders BIR to pay informant ₱44M more



Globe, Philsoc ink ₱100-M package

Harbour Centre tackles Welcoat



De Guzman ties Superal for lead

Birth of a lethal trio

SPECTATOR



SPORTSWATCH

Reyes, Valle head 6-man RP team

Monolith claims Beyson Cup title

La Salle Greenhills Summer Camp

NTU Tigers top Cebu taekwondo

TENNIS CHAMPS



Samahang Plaridel golfest today

NCA 7-Cock Derby finals tonight







Hu heralds dawn of RP-China 'golden age'

By [illegible]

Oops, Guingona still needs to get formal confirmation

By [illegible]

China, RP sign investments worth $1.6B



Ex-AFP chief faces graft raps



33% of . . .

20 US military advisers arrive in Sulu

The WORLD

Israelis stage protest vs Gaza pullout



POPE JOHN PAUL II

Iraqi premier finally unveils Cabinet list

Many Catholics not ready to let go of Pope John Paul

World terror attacks tripled in 2004, says US

NEW RECORD

British explorers beat Peary, reach North Pole in 37 days



UN to verify Syria's pullout from Lebanon



Biggest airliner takes off on maiden flight



50 dead in Sri Lanka's train, bus collision

US doubts fate of N. Korea nuclear talks

PHILIPPINE DAILY INQUIRER

OPINION



Safe?

EDITORIAL

Less-traveled highways

VIEWPOINT

Juan L. Mercado

Miracle

THERE'S THE RUB

Conrado de Quiros

A pope to love and fear

FOREIGN COMMENT

Corriere della Sera (Milan, Italy)

Palace needs to use persuasion 'to the hilt'

POLITICAL TIDBITS



Belinda Olivares-Cunanan

'Ein papst aus Deutschland'

HUMAN FACE



Ma. Ceres P. Doyo

A reader's rejoinder

THE LONG VIEW



Manuel L. Quezon III

My worst fear

YOUNG BLOOD

Magic and madness

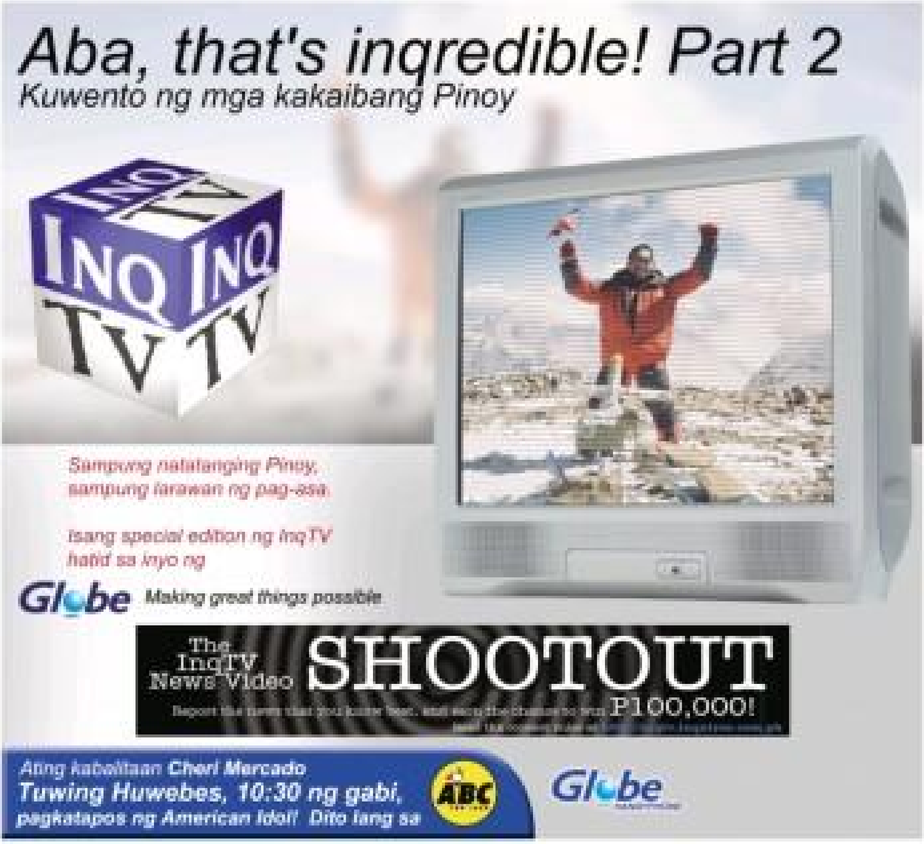
Forever proud Filipinos

Strange silence over series of killings

Hred Pinoy's call

Real party in interest

Classic irony



INQUIRER Southern Luzon

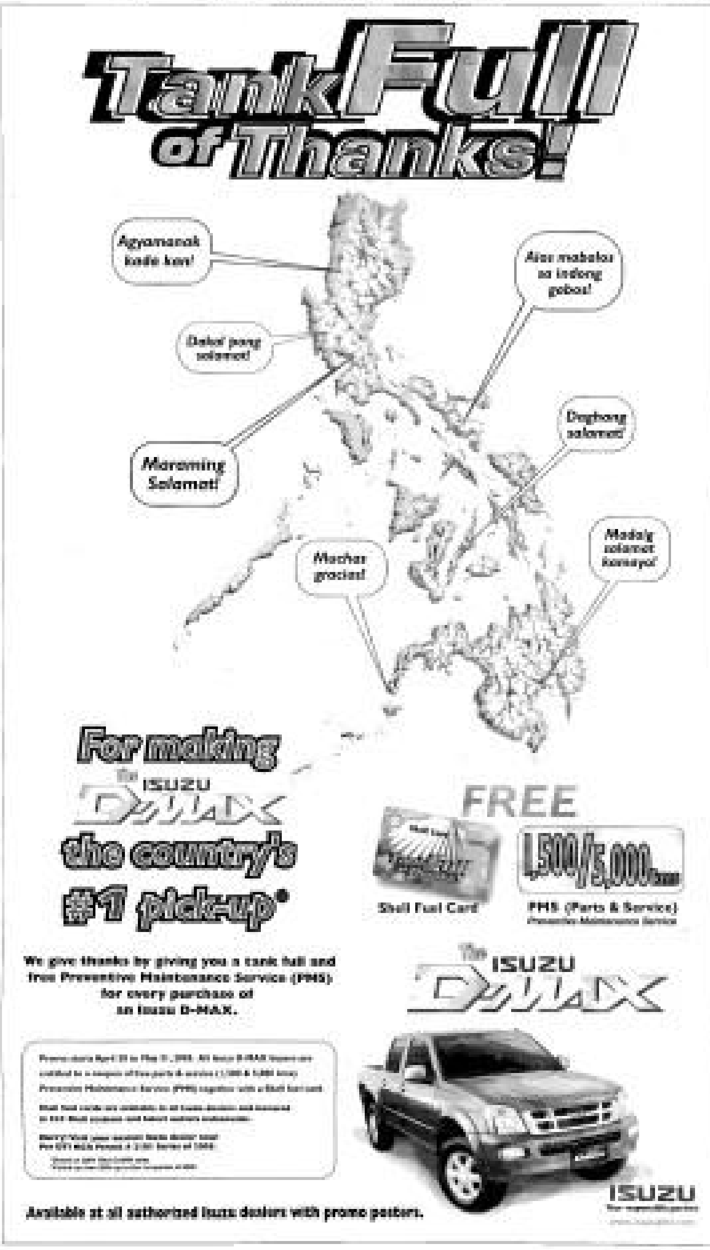
Village hosts power amid its darkness

'Our community supplies electricity to Metro Manila, but we could not even light a single bulb at night?'



Power cut

Project



OFWs cash cow for RP economy, says World Bank







Medical mission gives smiles to poor kids

Village hosts power amid its darkness

Across the NATION

New drive targets C. Luzon 'jueteng'



GMA asked to break silence on killings of Leftist activists

Kalinga hero

Eerie silence

2 Pangasinan cities celebrate bounty of the sea

Carbon monoxide fumes kill 2 Cotabato miners

EXPROPRIATION CASE

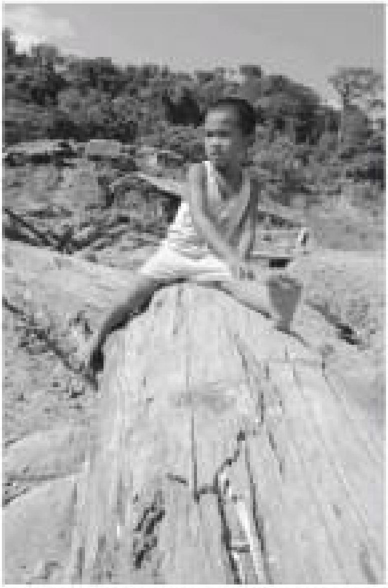
Napocor ordered to pay P22M to landowners

Amount questioned

'Easement fee'

Hazards

Disease



RIDING THE FUTURE

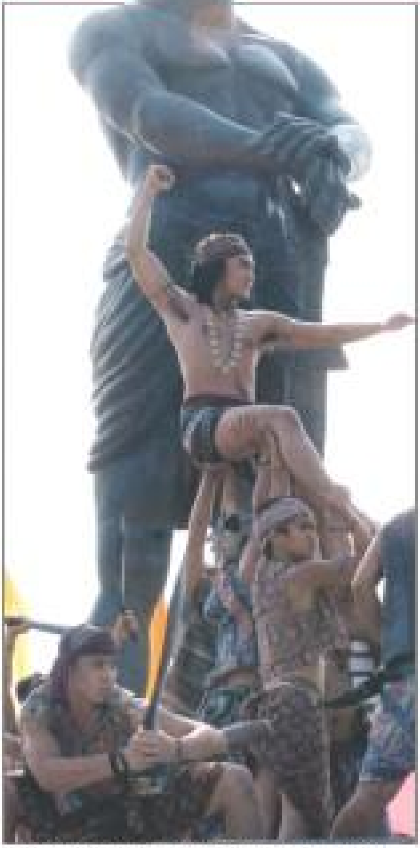
SC suspends Antique judge for brokering land deal

Dagupan to host 2nd 'bangus' congress

Plan to create new province faces tough fight

Cassava sends 10 to hospitals in N. Cotabato

METRO



THE UNVEILING of Lapu-Lapu's statue at Rizal Park yesterday also featured a cultural presentation.

Mactan battle marked with Lapu-Lapu's return to park

Historical site

Convergence

PRESIDENTIAL ENDORSEMENT

MMDA chair doing a good job–GMA



FERNANDO



BINAY



TRINIDAD



ATIENZA



EJERCITO



GONZALES

DEPRECIATION FEARED

Muntinlupa seeks halt to projects in NBP area

5 robbery suspects slain in QC; grenade rocks Muntinlupa

'Waiting for victims'

Darkness as cover

Guns recovered

Exploded in hand

Caught by surprise

Robbery case

3-YEAR-OLD BOY'S KIDNAPPING

Roldan 'friend' charged

Ciara's death spurs health awareness

Train drags, kills man in Paco railway mishap



MANILA Mayor Lito Atienza greets Marcelo H. del Pilar's great granddaughter Rosita Santos during the unveiling of the hero's monument at Plaza Plaridel across Manila Zoo.

Essay collection to be launched

M.H. del Pilar statue unveiled in Manila

Jacob needs help

LOTTO RESULTS

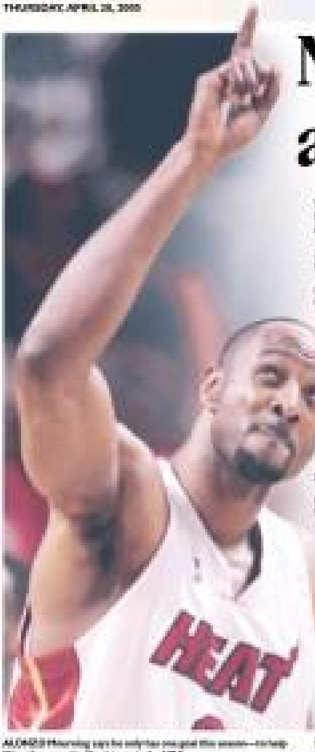
EZ2
11 15

SUERTRES
6 6 6

FOUR DIGIT
5 7 4 1

MEGALOTTO 6/45
1 16 24 32 38 41
P10,489,277.40

SWEEPSTAKES
1 0 6 6 7 8 5
P100,000.00



New Mourning dawns as Heat take 2-0 edge

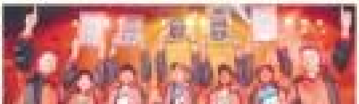


'Amped' Wallace

Seattle, 2-0

Atienza eyes lifting MYG to next level

Five adventurers win Utah tickets



Sta. Elena, Tagaytay LFL finals set today

RP golf may lose Murakami for SEA Games

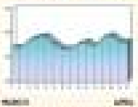


PHILIPPINE DAILY INQUIRER

BUSINESS

Plan holders file class suit vs CAP

CURRENCIES



STOCK MARKET

Shares end 1.5% lower on delay in VAT law changes



REHAB APPROVAL

Maynilad buyout put on hold

World Bank bullish on RP, East Asia

Meralco reports ₱1.7-B loss

GMA-7 inks deal with US firm



SM STOCKHOLDERS' MEETING

PNOC unit signs cooperation pact with Chinese company

Tan firm launches UK's Virgin Cola

Plan holders file class suit . . .

World Bank bullish . . .

Disclosures

Maynilad buyout . . .

Gov't debt hit P4.01T as of end-January

By Michelle V. Remo

UNABATED borrowings to close the budget gap pushed the national government debt to P4.01 trillion as of January this year, 5.1 percent more than the P3.81 trillion recorded at the end of last year.

This means that each of the 84 million Filipinos has an estimated share of P47,000 in the national government's liabilities.

The national debt refers to the accumulated borrowings that the government incurred over the years to finance the budget deficit.

The Philippines has been in a deficit since the late 1990s as revenues were not enough to cover expenditures.

According to data from the Department of Finance, P2.04 trillion of the total debt came from domestic sources, while the remaining P1.97 trillion was secured from abroad.

The government usually borrows locally through the regular auction of Treasury bills and bonds, while foreign debt comes from flotation of sovereign bonds in the international credit market, and official development assistance from multilateral and bilateral lending agencies.

The DOF said the foreign debt level as of end-January was higher by P158.3 billion, or 8.7 percent, than the end-2004 level.

The growth, however, was slower than expected due to the strengthening of the peso and other currencies against the US dollar.

The increase in foreign debt was mainly due to the government's absorption of Napocor debts.

On the other hand, domestic debt was 1.8-percent or P2 billion higher than last year.

The DOF said that of the total debt as of January, 15.5 percent were composed of short-term loans, 26.1 percent were medium-term, and 58.4 percent were long-term liabilities.

The latest debt figure does not include the national government's contingent liabilities, which are composed of guarantees to borrowings made by state-owned firms.

The DOF said contingent liabilities as of January declined to P619 billion from P833.7 billion as of end-2004.

Finance Secretary Cesar Purisima said the profile of the country's debts, most of which have long-term maturities, places the government at a comfortable level and still far from a much-feared fiscal crisis.

The DOF said it has adopted the policy of "opportunistic borrowing," which favors loans with long-term maturities over short and medium-term loans.

Purisima said the DOF also preferred to borrow locally, rather than get loans from abroad to avoid foreign exchange risk.



PURISIMA

The DOF said that in case it has to borrow from foreign sources, it would prefer ODAs over commercial loans because the former carry a lower interest rate.

7 nations drop opposition to QRs on rice

By Christine A. Gaylican

GOVERNMENT negotiators have convinced seven countries to drop their opposition to the country's plan to keep quantitative restrictions on rice imports, the Department of Agriculture said yesterday.

DA Undersecretary Segfredo Serrano said in an interview that negotiators, led by National Food Authority Administrator Gregorio Tan Jr., have convinced China, Argentina, Australia, Canada, Egypt, India and Pakistan to allow the Philippines to maintain the restrictions.

This leaves only the United States and Thailand on the list of member-countries of the World Trade Organization opposed to the Philippines' plan.

Serrano said the negotiators were scheduled to meet with representatives of the two countries in May to convince them to support the QRs.

Sources said the US might consider supporting the Philippines on its request on QRs in return for concessions on corn imports, while Thailand might ask for larger allocations for rice imports.

"We are preparing to make our counter offers with US and Thailand in the coming weeks. We are determined to beat the deadline by June," Serrano noted.

By maintaining quantitative restrictions, or QRs, on rice imports, the government will be able to limit the country's annual rice import volume.

Lifting the QRs, on the other hand, would open the floodgates for rice, provided importers paid the required tariffs.

To keep its QRs, the Philippines has acceded to certain demands of WTO member-countries.

The country, for instance, provided China with a country specific quota of 25,000 metric tons of rice a year.

China is one of the traditional sources of rice imports for the country. The other two are Vietnam and Thailand.

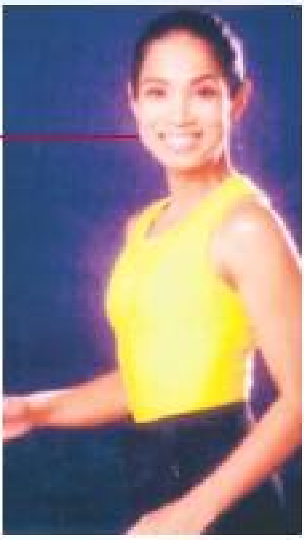
Agriculture Secretary Arthur Yap said in a separate interview that the Philippine negotiating team was considering an increase in the rice minimum access volume (MAV) allocation as a concession.

"We may consider increasing the MAV allocation, but we can't just fix it as a percentage of national consumption," Yap said.

The Philippines has a national daily rice consumption of 28,000 metric tons (MT) or 10.22 million MT a year. Negotiating countries were reported earlier to ask for doubling of the MAV from the present 240,000 MT.

LIFESTYLE

SBD queen answers FAQs



Margarita Fores shares her secrets for winning the battle with the bulge

RISE and shine! God is good and it's a beautiful day!

Though I can cook "thin," I never really took cooking thin as seriously as Margarita. So, if there's anyone to ask, she's it! As promised, the South Beach Diet (SBD) queen, chef Margarita Fores, answers your questions and shares her secrets for winning the battle with the bulge.

KITCHEN RESCUE



Reggie Aspiras

How do you make SBD work for you?

- Do not skip meals! Space out the five meals evenly, every 2½-3 hours. If you sleep late, save your dessert for later. This will help control your hunger pangs.
- Drink a lot of water. This helps speed up your metabolism and cleanses toxins from your system.
- Choose non-carbonated sugar-free beverages instead of sodas. Even if sodas have zero calories, the fizz bloats you and makes you retain fluids. Good choices are Crystal Light flavored powdered drinks in raspberry ice, lemonade, pineapple, orange or even peach iced tea at Rustan's Fresh, Price Mart; Wyler's lemonade at Cost U Less, Libis; and Lipton Carb Light beverages at Rustan's Fresh
- Add some form of medium to light exercise regimen. A short walk, taking the stairs instead of the escalator, lifting or playing with your kids is a good start. Avoid extremely intense exercise or endurance training like long hours of badminton or jogging. The lack of carbohydrates will weaken you.
- Always take a multivitamin to ensure that you're getting all the vitamins and minerals you need.
- Always do some form of resistance training if you are 35 and over to counteract the body's natural tendency to lose muscle mass. Light weight training, using fit-balls or bands; yoga and Pilates are good options.
- Choose restaurants that serve meals compatible with South Beach Diet.

How should a diet pantry/refrigerator look?

(I'm not too sure you'll be happy with her answers…Wow! No luncheon meat, no liempo!)

- Water-packed tuna
- Pam no cholesterol nonstick cooking spray
- Lean protein like low-salt turkey, roast turkey or chicken
- Eggs but do away with the yolks
- Lean low-fat cheeses
- Non-carbonated diet drinks
- Fresh herbs for more flavor
- Red rice and breads with grain

For those already in Phase 2 of their SBD diet:

- Raw vegetable crudites that contain a lot of water like celery, singkamas, cucumber, fennel, cabbage, radishes
- Low-fat/fat-free mayonnaise
- Mustard in fancy flavors to add zing to your dressings
- Good light olive oil
- Salad greens
- Boca Vegemeat burgers for vegetarians on a diet, great when grilled (Rustan's)

How do you keep the weight off?

- Make up your mind to keep it off, and make a real lifestyle change.
- Enjoy your treats in moderation.
- The third bite of cake should be your last. If you pass the limit, then you are not committed.
- Clear your pantry of all unhealthy calories.
- Spend most of your week eating healthy so you can treat yourself on weekends.
- Always stick to your exercise regimen.
- Choose grilled, boiled or steamed over fried, and always trim all visible fat till it becomes a habit.

What's the weight loss like and what makes your diet different?

- The average weight loss of clients on our diet is anywhere from 8 to 12 lbs during the first phase—the first 14 days. I attribute the high success rate to the fact that we strictly follow Dr. Agatston's prescribed ingredients, preparation guidelines, quantities and proportions.

Anything new?

We are adding a lot of new main dishes with different sauces and glazes, and a lot of new salads, too. We are also developing new desserts that are perfect for Phase 2.


CLOTTED Cream, Home-baked Piadis and Candied Tomatoes


SEABASS al Sale


FRESH Tagliorini with Foie Gras



INSALATA "Dolce" with Grapes, Mixed Greens, Pomelo and Mosto of Vino

CHILLED Spaghettoni with Negros Gran Crab and Spanish Caviar


CHORIZO Iberico Panna Cotta with Capiz Scallops and Crisp Zucchini Fritters

The classics reinvented

Pepato tweaks popular menu items to keep customers interested

Text by Alex Y. Vergara
Photos by Joseph Agcaoili

[illegible]

Endless research

[illegible]


SORBETTO sampler


FOIE Gras Panna Cotta


FOIE Gras Crème Brulee

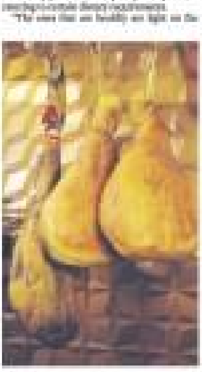

POMELO and Turnip Salad

[illegible]

Twists

[illegible]


SPAGHETTINI with Arugula and Tomato


ITALIAN ham


COMPLIMENTARY Amuse-Bouche with Salmon Tartare and Chive Mousse


US Angus Short Rib Brasato

Landline needed despite popularity of cell phones

THE CONSUMER
Marietta Velasco Giron



CUSTOMERS of the Philippine Long Distance Telephone Company (PLDT) whose phones have been out of order for several weeks now are finding out that cellular phones are not yet adequate substitutes for landlines.

For example, those who pay their bills by phone must now go to the utility offices and pay cashiers to settle their accounts. Also greatly inconvenienced are folks who cannot access the Internet and their e-mail accounts.

Businesses, too, are badly affected, and we don't just mean bookies, Internet cafés and lotto operators, but banks as well that cannot go online and offices that cannot send or receive fax messages or use the Internet.

Here's an explanation from PLDT to complaining subscribers around areas of Singalong, San Andres, Quirino, and South Super Highway:

"Some 1,500 (are) affected by a major cable trouble. An underground phone cable along Taft Avenue was hit by still unknown parties last weekend (actually two weekends ago), disrupting service. Emergency repair crews were immediately dispatched to restore service ASAP (as soon as possible) but their efforts are being hampered by the heavy vehicular daytime traffic along Taft.

"They should be able to restore service within the week. PLDT would really like to see all phones working."

Travails of ATM client

I don't know if the PLDT cable trouble had anything to do with automated teller machines (ATMs) around Malate, Ermita and Vito Cruz going offline last week. I received this complaint from a reader who related her "infuriating experience" (her own words) looking for a BPI teller machine that was working.

At Robinson's mall, both ATMs were unavailable. She could not make a check deposit or withdraw from her account. She walked over to the BPI ATMs outside Midland Plaza, just across from Robinson's, where she also did not have any luck. She added that the teller machines on Padre Faura near Adriatico street were likewise "unavailable" for transactions.

The day before, the machine on Vito Cruz, outside the BPI office, was also unavailable. Inside Shopwise on Vito Cruz, the ATM was not dispensing money.

Coincidence or not, I was at Union Bank on Vito Cruz sometime last week when the cashiers' machines also went offline. As I waited for the line to be restored, I saw how the bank's business was put on hold, and how several customers were turned away.

Terror credit collectors

Last week, a reader sent me an urgent e-mail asking where she could complain about aggressive credit collectors who had caused her "mental anguish."

She wrote: "I have no intention of fleeing my debts, but because of the series of crises that I have been going through, I have not been able to pay my account. People who claim to be collectors, call my office and talk with anybody about my unsettled debts.

"I've already received two letters from two different law offices (saying) they will file a civil case against me. I've also received threat that a sheriff would garnish my property, etc.

"Do I have a right to complain regarding the harassment they are doing to me? Please tell me what to do. I am really bothered by these calls and letters."

The complainant should get a reply from Fe de la Cruz, director of the corporate affairs office of Bangko Sentral ng Pilipinas who received a copy of the e-mail. De la Cruz advised victims of harassment by credit collectors to send their complaints and inquiries to her office (e-mail address: fdelacruz@bsp.gov.ph or mail to Corporate Affairs Office, Bangko Sentral ng Pilipinas, BSP Bldg., Vito Cruz, Manila).

By the way, de la Cruz disclosed that the BSP and the banking industry were coming up soon with something like a code of ethics that would cover, among other concerns, credit collection, loans and, most likely, ATM.

Greatly inconvenienced are folks who cannot access the Internet and their e-mail accounts

May cooking classes for kids

MAYA Kitchen is holding the Young People's Cook-in for teens 11 and up, 9 a.m.-1 p.m., May 10 and 12, Tuesday and Thursday.

It covers basic cooking and baking techniques in food preparation including food presentation and styling with edible garnishes. It will also teach how to cook Chicken Cordon, Pork Dumpling, Shrimp Teriyaki, Dancing Cream Puff, Plate-size Cookies, Pork Cutlets, Molded Gelatins, Butter Pecan Rolls and Chocolate Chiffon Dessert, among others.

On May 11 and 13, Wednesday and Friday, 8:30 a.m.-12 noon, the Junior Culinary Workshop for Boys and Girls Aged 6-10, will teach Hygiene, Sanitation and Safety in the Kitchen; Kitchen math and conversion, table setting and napkin folding. Students will also learn simple but delicious recipes including Rich Egg Soup, Macaroni and Beef Dinner, Painted Cookie Bundles, Very Veggie Soup, Chicken Kebabs, Torpedo Sandwich and Fruity Muffins.

A selection of hands-on courses will be offered May 3-6, Tuesday-Friday. Cooking I covers proper hygiene, sanitation and safety; nutrition and nutritional cooking; stocks, soups and sauces and its 1001 application to poultry, fish, shellfish, fruits and vegetables; common herbs and spices; purchasing; marketing and proper storage; menu planning; simple garnish and plate presentation. An actual cooking workshop on the preparation of dishes from appetizer to dessert will be conducted.

Baking I teaches the fundamentals of baking including techniques in the preparation of pies, quick breads, cakes and more. Participants get a free cookbook.

Visit the Maya Kitchen (Tuesdays to Saturdays) at the 8th floor, Liberty Building, A. Arnaiz Avenue (formerly Pasay Road), Makati City or call 892-1185 or 8925011 local 108. E-mail mayakitchen@pacificnet.info.com.ph.

New resto in Davao airport

SUKA at Sili has opened a branch at the Davao International Airport.

Owned by high school friends Edgar Aug, Ronald "Bobby" Baroyan and Freddie Bay Pineda, it offers mainly buffet items.

For antipasto, the restaurant uses coconut-based vinegar or sukang paligo as siba. The vinegar is kept in attractive glass containers imported from Italy.

Diners can choose from mild, sour and very sour.

Suka at Sili also has branches at Sta. Mesa Heights in Quezon City and The Fort in Taguig.

Many ways with chicken

THE SIBOGIE Asian School of Culinary Arts is offering the following classes:

April 28: Everyday Chicken 2 (all new)—Lemon Grass Honey Chicken, Perfect Chicken a la Kiev with Rice Rice, Delicious Provencal Roast Chicken, The Best Brine-cured Fried Chicken Recipes Ever, Chicken a la King with Homemade Butter Noodles, side dishes, dessert

April 29: Asian Barbecue Meals—Korean Beef Rib Barbecue with Kimchi Fried Rice, Authentic Indonesian Satays (beef, chicken, pork, lamb, seafood), Authentic Peanut Sauce, Nasi Goreng, Vietnamese Shrimp on Sugar Cane, Pork Sticks, Cantonese Fried Rice.

May 2: Middle Eastern Food 101 (all new)—Falafel and Yogurt Dip with Pita, Beef Tagine with Couscous, Lamb and Merguez Stew with Basmati, Shish Kebabs, Fish in Vine Leaves, dessert

May 4: Oysters and Mussels (all new)—Ways of Serving Oysters and Mussels, over 12 recipes (baked, fresh with sauces, salsas and side dishes)

Call 9289296, 9273086, 6363762, 6474744, 0917-8398888.

Catering seminar May 9-13

MIRRIS'Foodwise is now accepting reservations for the Managing a Catering Business Seminar-Workshop, 1-5 p.m., May 9-13, at Kamuning City, Lilia, Quezon City.

The five-day program will include lectures and hands-on workshops on planning the menu, equipment and staffing; cost control; room arrangements, among others.

Call 9877787 or 0915-8315375. Seminar fee is P6,000 per participant, inclusive of manual and handouts, workshop materials and equipment, snacks, and certificate of completion.

Mirris' Foodwise has been in the business of training food service executives and hospitality business owners since 1999.

SBD queen answers FAQs

From page C1

Aside from delivering all three phases of the diet, all six restaurants have their own South Beach Diet offerings.

We also service the needs of our clients by answering their questions concerning their diet, fitness and wellness via the fitness and wellness consultancy firm Belevita, owned and operated by my partner, Alois Lim, a fitness enthusiast.

For Margarita's services, call Santanas Healthline at 4392603 and Marivel Ratina at 0915-8334932.

There never seems to be enough space on KM I wanted to enumerate all the new SBD offerings in Margarita's three restaurants but won't have the space. So just have to go and visit.

Some things on the menu I found interesting were Cibo's *insalata tagliolle* (stewed lamb salad with goat cheese) with sugar-free vinaigrette. Café Bola's *sinigang sa* *bulan*, for dinner off. Pepato's roast *suge* etta (baby goat).

Margarita, we thank you for many things... The brand new bodies, the convenience of diet food delivery, the regained confidence to expose the once "jiao" hidden cleavage and caterpillar thighs are but a few. But the best gift you've given us is the comforting thought of knowing that you're there when we've had three slices of cake and when the evil side of bingeing takes its sweet revenge!

Wishing you and Alois, nothing but the best, in everything that you do!

Next week, my cooking this salad dressings and more answers to your diet woes.

My May cooking class schedule is out. Call 9289296 and 6363762.

For questions and comments, text 0917-8398888.